

SCHEDULE OF EVENTS

Walk-In and Online Registration via Internet March 19, 2007 – April 27, 2007		
TUESDAY, MAY 8, 2007		
11:00 A.M.	OPENING CEREMONY	EMERY REC CENTER
1:00 P.M.	BASKETBALL FREE THROW & SHOOT OUT	EMERY REC CENTER
2:00 P.M.	BOWLING SINGLES (All Ages)	AMF CAPITAL PLAZA LANES
WEDNESDAY, MAY 9, 2007		
8:00 A.M.	5K RUN	COOLIDGE H.S.
8:30 A.M.	RACE WALK (1500M)	
9:00 A.M.	FUN WALK (1 MILE) LONGJUMP SOFTBALL THROW 3 on 3 BASKETBALL Preliminaries (All Ages)	COOLIDGE H.S. COOLIDGE H.S. BALD EAGLE REC CTR
10:00 A.M.	50 M DASH – HEATS TENNIS EVENT (singles all ages) SHOT PUT FOOTBALL THROW	COOLIDGE H.S. SOUTHEAST TENNIS and LEARNING CENTER COOLIDGE H.S. COOLIDGE H.S.
10:20 A.M.	400M DASH - FINALS	COOLIDGE H.S.
10:40 A.M.	100M DASH – HEATS	COOLIDGE H.S.
11:00 A.M.	FUN WALK (1 MILE) ARCHERY EVENT GOLF CHIPPING EVENT	COOLIDGE H.S. FORT STEVENS LANGSTON GOLF CRS
11:20 A.M.	200M DASH – HEATS	COOLIDGE H.S.
11:40 A.M.	800M RUN – FINALS	COOLIDGE H.S.
11:50 A.M.	50M DASH - FINALS	COOLIDGE H.S.
12:30 P.M.	100M DASH – FINALS	COOLIDGE H.S.
12:45 P.M.	1500M RUN - FINALS	COOLIDGE H.S.

THURSDAY, MAY 10, 2007

8:00 A.M.	18 HOLE GOLF TOURNAMENT	LANGSTON GOLF COURSE
9:00 A.M.	3 ON 3 BASKETBALL Finals (All Ages)	BALD EAGLE REC CTR
10:00 A.M.	TENNIS-All Ages- Doubles HORSESHOE PITCHING	SOUTHEAST TENNIS and LEARNING CENTER KENILWORTH-PARKSIDE REC CTR
10:00 A.M.	SWIMMING ALL EVENTS	TAKOMA AQUATIC CENTER
1:00 P.M.	BOWLING –All Ages- Doubles & Mixed Doubles	AMF CAPITAL PLAZA LANES

FRIDAY, MAY 11, 2007

8:00 A.M.	GOLF TOURNAMENT (Rain Date Only)	LANGSTON GOLF COURSE
10:30 A.M.	8 BALL POOL	FORT STEVENS
11:00 A.M.	TABLE TENNIS EVENTS	FORT STEVENS
4:30 P.M.	CLOSING CEREMONY	EMERY